# Become a Senior Peer Counselor



### **INTERVIEWING NOW!**



#### WHY?

Many of our elder friends and neighbors suffer from depression, isolating illnesses, grief due to the loss of a loved one, and loneliness.

#### WHO?

The Tri-Cities Senior Peer Counseling Program is seeking warm and compassionate volunteers to assist seniors in our community. We are looking for people at least 50 years of age and older to participate in a 36 hour training. There are no educational requirements — we believe life has been your teacher.

#### WHO SPONSORS THIS PROGRAM?

The Tri-Cities Senior Peer Counseling Programis sponsored by the City of Fremont's Human Services Department.

#### SOUNDS GOOD BUT DOES IT WORK?

YesWe hear from the people we serve that they feel they have found someone who truly cares. The Senior Peer Counselors report they get back more than they give.



## **HOW TO APPLY**

For more information or to sign up now email Ahmad Tarin, AMFT at atarin@fremont.gov or call 510.574.2064